

學校簡介

烏特列支大學是荷蘭的頂尖大學之一，學校的校舍散落在舊城區的各個角落，另外還有其他的校區也都在公車或腳踏車可以到達的範圍。學校資源相當豐富，在各領域的表現非常出色。最令我印象深刻的是學校甚至有自己的博物館以及文物收藏。在其中一堂古文明史的課程中我們甚至能夠讓我們親自接觸這些古文物。上學的路上能夠漫步在運河邊，享受舊城區的風貌；又或著騎著車吹著風，欣賞沿途的風光。學校的禮堂更是直接和一旁的教堂結合；當時新生訓練到裡面時真的覺得別有一番風味。在舊城區的主圖書館旁邊還有一個健身房，但是其他運動項目就必須到較遠的運動場才行。不過學生辦運動證也有相當多的優惠和課程可以選擇。其中一個校區旁邊就是世界文化遺產的Rietveld Schröder House，是建築師赫里特·里特費爾德為施雷德夫人及他的三個孩子所建造。雖然已經是一棟百年的老建築，但其內部外觀設計都仍相當現代。

另外烏特列支位在荷蘭的交通樞紐，到其他城市或國家也都非常方便，是一個既繁華又不失清淨的好城市。相較於阿姆斯特丹，烏特列支少了些遊客的嘈雜；生活機能上一切也非常方便，也因為是個學生很多的大學城，相對來說也蠻安全的。

Utrecht University is one of the most popular universities in the Netherlands, and is located in one of the most convenient cities. The buildings of the school is scattered around the old town area, along with other campuses that are built slightly further from the city center. The university provides abundant resources and is elite in all different fields. One of the most impressive thing was that the school had its own museum and collections of antiquities. In one of the courses that I took, we even got to hold the antiquities ourselves! As most of my classes took place in the city center, I was able to ride along the canals and enjoy the view along the way. The auditorium is even connected to a church, and that one time I've been in there for orientation was simply impressive. There is also a gym near the main library, and the other sport fields are easily accessible by bus. On the way to a further campus, there was also a world heritage—Rietveld Schröder House. Even though it was built more than one hundred years ago, it still looks really modernized today.

Utrecht city is located in the middle of the Netherlands, which allows one to easily travel to other cities and countries. It is prosperous, yet still serene in a sense. It's not as crowded as Amsterdam, but everything is still very convenient. Since the city popularity is mostly composed of students, it is relatively safer in general.

國外研修之課程學習（課內）

首先最大的不同是荷蘭是將一年分成四個學季(blocks)，每一門課只有六到八週的時間，也就是說會一個學期會經歷兩次期中考及兩次期末考。這樣的時間安排其實是非常緊湊的，也因此每位老師會在這短短的幾週內將最多的知識教給我們。有別於台灣有第

一週讓同學適應或決定要什麼課程，荷蘭的課程安排是在開學前就將所有時程排好，也就是說第一週開學時已經要準備好課表上的閱讀進度。在荷蘭的閱讀量確實比台灣多了很多，但卻很好的訓練了我的時間管理。為了能夠好好地跟上進度，我必須將每週，甚至每天的進度安排好。雖然一開始的過程有一點辛苦，但換來的是滿滿的成就感和一個更好的自己。

First of all, the academic year is divided into four blocks in total, with each class only lasting for six to eight weeks, including midterms, finals, reports, and presentations. Additionally, the reading load is significantly more than what I've experienced in Taiwan. Although it is very stressful in the beginning, it forced me to arrange my schedules carefully and stick to it. This helped me developed a good habit and gave me a great sense of achievement.

國外研修之生活學習（課外）

雖然我沒有參加其他的社團活動，但也因為課程認識了幾個交心的好友。當時新生訓練時逼自己鼓起勇氣去和別人打招呼，後來意外的發現我們修了同一門課，也開始會約出去吃飯逛街，久而久之感情也越來越好。其他的朋友也都是因為課堂認識，後來漸漸熟悉後再約出去。比起大型的社交活動，我更偏好這樣的交友方式。我甚至因為喜歡義大利餐而且太常去光顧一間餐廳，最後也跟老闆熟了起來。

至於交換生的活動，最大的應該是Buddy go Dutch的活動。但是他們整體的安排我認為並不完善，很像一場大型的快速相親。不過也有機會認識很多人，還是可以嘗試看看的。活動後其他人有一起去酒吧，但因為我不喝酒就沒有參與了。

當然除了在烏特列支，我也跟朋友到許多地方去旅遊。在一起出去玩的過程中不僅讓我們感情更好，也讓我們一起在過程中成長。出去玩從事前準備到真正出發之間有時會碰到許多的問題，也訓練我們如何當機立斷，以最有效率的方式化解危機。其中有一次要去奧地利跨年時，我們因為班機臨時取消而必須立刻找到落腳處以及聯絡奧地利當地的飯店。後來陰錯陽差讓我們住到了五星級飯店，但也因為實在太累了就躺在床上聽著外面的煙火聲度過跨年夜了。

如果喜歡逛博物館的話，我很推薦在荷蘭辦一張年度的博物館卡，費用是64歐。這樣一來在荷蘭逛博物館幾乎不用額外付錢或著有很好的優惠，卡片本身也是一個很棒的紀念品。我很推薦到了當地租一台腳踏車當代步工具。這是荷蘭人最喜歡的交通方式，也能讓人好好欣賞城市中的每個角落。

During my exchange, I didn't join any clubs or participated in too many social events, but I managed to make a few close friends during the few months I stayed there. I met most of them during class and we started to get to know each other better. Gradually, we hung out together and eventually became really good friends. I even befriended an Italian restaurant owner because I went to his restaurant so much.

As for events held for exchange students, one of the biggest ought to be Buddy go

Dutch. The whole process seems like a speed dating event, which was not that enjoyable for me, but it is a good opportunity to meet with a lot of people in a short amount of time.

Besides from Utrecht, I did travel to other places with my friends from Taiwan who were on exchange in Europe as well. Going traveling together not only allowed us to bond, but it also trained us in many aspects. Incidents often happen before and during the trip, and sometimes even after. There was this one time when my friend and I planned to go to Austria during the New Year's holiday, and our flight was cancelled five minutes before we arrived at the airport. The experience was very nerve-wrecking, but at the same time we had to make the best decisions immediately. Even if the trip was slightly delayed, we managed to have a good time in the end and that whole incident became a precious memory itself.

If you enjoy visiting museums, The annual museum card is definitely worth it. With this card in hand, you won't need to pay extra fee in most museums. The card itself also serves as a souvenir for you to keep. I also recommend renting a bike since it is the most popular form of transportation for the Dutch people, and it can take you on an adventure to explore the corners of the city.

交換/研修之具體效益（請條列式列舉）

- 時間管理/ Time management
- 英語溝通能力/ English communication ability
- 面對問題的反應能力/ Adaptability to sudden changes
- 學習態度/ Attitude towards learning

感想與建議

當初選擇去交換其實是一個很臨時的決定，但卻也是我覺得人生中最正確的決定之一。抱持著忐忑又沒有把握的心情開始了申請的流程，最後也幸運的獲得了這個機會。因為小時候待過歐洲，因此對那邊的文化環境適應力相對比較強，但這也是我第一次一個人到離家這麼遠的地方生活。出國前的心情大部分是期待參雜著緊張跟焦慮，畢竟在踏上飛機前有非常多手續跟程序要處理。其中最令人頭痛的是在荷蘭當地的住宿問題。我和另一位同學從五月就開始透過學校提供的租屋管道找房子，但因為供不應求，我們一路到要出國了都還找不到落腳處。因為烏特列支是一個學生眾多的城市，租屋的需求與價格也相對高；我們最後事先在青旅住了一個多禮拜後，幸運地透過一些幫助找到租屋處。雖然租屋的過程讓人焦慮，但也讓我在和家人真正分開後不那麼難過。

由於很久沒坐長途飛機，飛往杜拜的過程中嚴重的暈機讓我幾乎沒有捨不得離開家的感覺，也可以算是一種因禍得福吧。到了當地後我們就開始馬不停蹄地解決各種問題，辦理各種手續，為接下來開學做足準備。正式開學後的生活非常的充實，每天都把讀書行程排好，後來漸漸交了朋友就更需要將時間安排好才能兼顧課業與休閒。

說到玩樂的部分；很多人在我出國前都告訴我：交換就是出去玩的，但我不認同這

個說法。在荷蘭期間，雖然成績結果不盡如人意，但我非常認真的對待每一門課，甚至比在台灣時更認真。我認為在國外要過怎麼樣的人生是自己可以選擇的，不一定是一味的玩樂，有時好好體驗最平凡的生活也是珍貴的回憶。對我來說，雖然還有很多地方沒去，但也已經到訪很多國家景點了。

最後是這段交換最令人印象深刻的部分。原本應該為期一年的交換因為疫情剩下半年左右，而那段經歷真的是永生難忘又驚險萬分。從我決定要提早回台到踏上飛機只有一個禮拜的時間處理所有事情，包括戶籍、電信局、銀行等。整個過程壓力非常大；面對一班班被取消的班機，以及歐洲各國封城的消息都讓人非常焦慮。當下真的每有多餘的時間思考，只能立即做出覺得最好的決定了，我跟在台灣的家人們也為了很多事情必須到處拜託認識的人。整個交換的過程裡，不得不承認最後這一個星期是成長最多、最快的時候。當時雖然心中多有埋怨，但如今想來卻是一段特別的回憶，可能也因為留下了遺憾，讓我的交換顯得更珍貴了。

Going on exchange was not originally planned, but was one of the best decisions that I've ever made in my life. I did not expect to be granted this amazing opportunity, and I was lucky enough to get a chance to go on exchange to the Netherlands. Since I've lived in Europe before, adapting to the culture and lifestyle was not a problem for me; however, this is the first time I've been away from my family for such a long period of time. The biggest trouble I came across during the preparation was finding an accommodation. Because Utrecht has so many students, it's very difficult to find housing. My friends and I started looking from May and did not manage to find one until we got there ourselves. I remember moving in two days before school started, and many more stayed in hostels even in school has already started. Nostalgia came much later than expected because I was busy dealing with all sorts of problems when I first got there. The academic environment is very different from that of Taiwan and it took me a while to get on track.

Many people told me that going on exchange was like going on a long vacation abroad, but I do not agree with that. In my opinion, going on exchange was not just about having fun. I treated my courses with care even if the results weren't ideal, and learned a lot during the process. Even if there's still many place I didn't get a chance to visit, I still went to many places during these seven months.

Finally, the most unforgettable part of my exchange was when it was forced to end because of the pandemic. I only had one week to deal with everything from phone bills to housing, and the whole process was nothing but anxious. There's no denying that there was much frustration; however, I have to admit that it was simply a unique and impressive memory of mine.

26-6相片（2~3張貼進word檔案，含說明，並Email原檔給國際處承辦人）



和朋友到倫敦玩時和早午餐店老闆的合照。很特別的是當他們做好餐點時會叫客人的名字取餐。

This was taken on my trip to London with my friends. We went to an English breakfast place where they call out your name when your order is ready.

第二度到梵谷博物館。因為有博物館卡所以不需額外入場費，參觀第二次也會有不一樣的體驗。周圍更是有許多市集跟街頭藝人的演奏，是阿姆斯特丹必去的景點。

This photo was taken on my second visit to the Van Gogh museum, and the exhibition was definitely worth a second visit. There are also markets and live music near the area which was one of the highlights of my trip to Amsterdam.



參觀藝術史課程中介紹的世界文化遺產—Rietveld Schröder House。是每個星期上課路上都會經過的，也讓人讚嘆，即使百年後他的設計風格卻還是非常現代。

This is the Rietveld Schröder House which I pass through every time I go to school. It's amazing how it still seems so modern even after a century.



和朋友到柏林玩時，順便找了我國小的同學。柏林是個令人震撼的城市，也因為在有聖誕市集，因此整個城市更熱鬧了。

I went on a trip with my friend to Berlin, and was lucky enough to meet up with my old classmate, who happened to be working in Berlin. And because there were Christmas markets, the city seemed even more vibrant!

和朋友到薩爾茲堡跨年。當時經歷了班級突然被取消被困在阿姆斯特丹，但這個插曲也為綠城增添了難忘的經歷。

This was our trip to Salzburg for New year's holiday. Our flight was cancelled last minute, but that was also a very unforgettable experience.



在離開前和好朋友最後一次到舊城區走走，並在學校禮堂前合照。這是我們第一次認識的地方，也使我覺得學校最美的建築之一。

This was the last photo I took with my friend before leaving the Netherlands. This is the auditorium where we first met.